

## Covenant School of Nursing Reflective Practice



Learning to be a reflective practitioner includes not only acquiring knowledge and skills, but also the ability to establish a link between theory and practice, providing a rationale for actions. Reflective practice is the link between theory and practice and a powerful means of using theory to inform practice thus promoting evidence based practice.” (Tingos et al., 2014)

Using the Reflective Practice template, document each step. The suggestions in the boxes may help you as you reflect on the incident. This Reflective Practice document will be reviewed by faculty and then you will post the final reflection in your LiveBinder folder.

<p><b>Step 1 Description</b>          A description of the incident, with relevant details. <u>Remember to maintain patient confidentiality. Don't make judgments yet or try to draw conclusions; simply describe the events and the key players. Set the scene!</u> It might be useful to ask yourself the following questions</p> <ul style="list-style-type: none"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>☉ What were you doing?</li> <li>☉ What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>☉ Which theories or bodies of knowledge are relevant to the situation—and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personal / patients / colleagues' perspectives?</li> </ul>
<p><b>Step 2 Feelings</b>          Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>☉ How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>☉ How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>☉ How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>☉ What have you learned from this event?</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>☉ What did you do well?</li> <li>• What did others do well?</li> <li>☉ Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>☉ How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>☉ What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>☉ What has this taught you about professional practice? about yourself?</li> <li>☉ How will you use this experience to further improve your practice in the future?</li> </ul>

Use this template to complete the Reflective Practice documentation. Do not exceed the space in each box. Any information not visible to you is lost.

<p>Step 1 Description</p> <p>I was a nurse. I was responsible for administering medications to my patient. I also needed to perform patient safety check on my patient. My instructor played the role of the patient.</p>	<p>Step 4 Analysis</p> <p>Some information that is relevant to the situation is understanding how to carefully examine orders. Knowing the basics such as vital signs and lab ranges are also important. We have to understand basic fundamentals in order to perform our job safely.</p>
<p>Step 2 Feelings</p> <ul style="list-style-type: none"> <li>In the beginning I felt flustered and nervous but that's expected and normal</li> <li>This event made me feel proud and more comfortable in my skills.</li> <li>The final outcome was positive. I have nothing but positive emotions when I reflect on my final outcome.</li> </ul>	<p>Step 5 Conclusion</p> <p>In this event I have learned how to prepare for real life medication administration and patient safety. I learned how to read orders and know more/less when to hold a medication. I also better learned how to control all my emotions and demonstrate my skills while being evaluated.</p>
<p>Step 3 Evaluation</p> <ul style="list-style-type: none"> <li>What I believe I did well is prioritization, I was confident in my skills and knowledge.</li> <li>I contributed by preparing: going over the recommended material prior and also by going in for independent practice hours.</li> <li>I did not expect a different outcome because I felt well prepared.</li> </ul>	<p>Step 6 Action Plan</p> <ul style="list-style-type: none"> <li>Overall, this situation was realistic, &amp; I feel better comfortable now that my medication administration skills were evaluated</li> <li>I will use this experience in the future by remembering and knowing what is expected of me in order to administer meds safely.</li> <li>This experience has taught me confidence. I know more than I give myself credit for. I always want to be a prudent nurse.</li> </ul>